63:Simmons et al G-5 (1941-1951) 1954
M1 Middle East

Plants. The shrub, *Catha edulis*, colloquially known as qat, is extensively cultivated in sections of the western highlands. The leaves yield a stimulant which dissipates fatigue and causes loss of appetite and of desire for sleep. Qat chewing is a popular custom in the Colony and Western Aden Protectorate, as it is in Yemen.

Cases of poisoning, caused by the contamination of imported wheat with grains of *Lolium temulentum* (Darnel grass), are recorded frequently. Species of *Euphorbia* grow in many areas, and contact poisoning is sometimes observed.

Food Sanitation

Regulations governing the sanitary quality of milk, meats and other products are in force only in the Colony. The markets and the slaughterhouses, which are located at four points—in Crater, Tawahi and Maala, on the peninsula, and in Sheikh Othman—are operated under the supervision of sanitary inspectors. Eating houses, coffee shops, date stalls and other premises where foods are prepared or sold, and the aerated water and ice factories, are licensed and inspected from time to time. No controls are exercised over food handlers, however, and many food vendors and workers in small shops are immigrants among whom the standards of cleanliness are generally poor.

Most animals are inspected by veterinary officers at the slaughterhouses, but no post-mortem examinations of the carcasses are made. The dairy cows are housed in municipal or private sheds within the town limits. Samples of milk from commercial herds are collected at regular intervals and tested for adulteration. There are no facilities for pasteurization. Opportunities for the spread of infection through contaminated milk are minimal, however, due to the universal custom of boiling milk before it is used. Brucellosis is enzootic among the goats, and infections undoubtedly are transmitted to man occasionally through cheese and other milk products. Bovine tuberculosis is pre-